



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

May 2015

A Letter from Mayor Dave Wood



Spring is in full swing here in the Princess City and that can only mean one thing: **Construction!** It is my belief that construction activity and the improvements that result are a sure sign of a healthy, growing city. In fact just a couple weeks ago, I spotted three large cranes in the downtown. I can't remember the last time that has occurred in our historic downtown. Judging from that activity, Mishawaka is definitely alive and well.

This year, I am particularly pleased that much of the construction activity is happening in our beautiful parks. I believe that strategic investments in quality of life features, and in particular our park system, are difference makers in

determining where people want to live, work, raise their families and retire. Streetscapes, walking trails, park improvements, and other expenditures that impact the livability of the community continue to make a positive impact on the average citizen and they have certainly played a part in our strong economic development. There is no better example of this than the renovation of Central Park where we are in the process of creating a "city-wide family destination park".

I am asked about projects everywhere I go and felt it was time to give an update on current and future projects for 2015. Here is a list of projects that we are currently working on.

Central Park – Park improvements are about 60% complete as of mid-April. All the shelter steel and the restroom steel framing is up, and workers are applying the stone veneer to the posts of each shelter. The water cannons have been formed out of concrete, and the park features can clearly be seen now. All the underground utilities are in place, the playground tiles have been delivered, along with some of the playground equipment with completion planned around July 4th.

Merrifield Park -- The new play system is being constructed, along with the curbing and concrete walks. The rubberized play surface is starting to be installed with completion planned for May 15th.

Mishawaka Avenue Improvements Phase I (Main Street – Cedar Street) – Begun in 2014, this project has involved extensive utility relocation to place all overhead utilities underground. Main to Division was completed last fall; Division to Cedar should be completed July 1st.

(cont'd on next page)

Managing Your Blood Pressure

Health Information from Saint Joseph Regional Medical Center

Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body. When blood pressure is not well-controlled, you are at risk for bleeding from the aorta (the large blood vessel that supplies blood to the abdomen, pelvis, and legs), chronic kidney disease, heart attack/heart failure, poor blood supply to the legs, problems with your vision, and stroke.

Symptoms Most of the time, there are no symptoms. For most patients, high blood pressure (also known as hypertension) is found when they visit their health care provider or have it checked elsewhere. Because there are no symptoms, people can develop heart disease and kidney problems without knowing they have high blood pressure.

Treatment The goal of treatment is to reduce your blood pressure so that you have a lower risk of complications. You and your health care provider should set a blood pressure goal for you.

You can do many things to help control your blood pressure including eating a heart-healthy diet (potassium and fiber), drinking plenty of water, exercise regularly, quit smoking, limit daily alcohol intake (one drink for women, two drinks for men), limit sodium intake (1500mg/day), reduce stress and maintain a healthy body weight.

Your healthcare provider can help you find programs to assist you and provide referrals as needed.



June
26th - 27th
Merrifield
Park

UPCOMING EVENTS!

May 16	Relay For Life (Mishawaka HS)
May 25	Memorial Day Parade
Jun 26-27	Summerfest 2015
Jun 27	Summerfest 5K
Jul 22	Kamm Island Fest

SUMMERFEST 5K

Download a
registration form at
[http://mishawaka.in.gov/
summerfest](http://mishawaka.in.gov/summerfest)

EBERHART-PETRO GOLF EVENTS

Jun-Jul	- Ladies Golf 101 - Jr. Bag Tag Program
Jun 20/21 27/28	Men's Metro Golf Tournament
Jul 8	63rd Annual Garbage Open

ONLINE ACCESS

The City of Mishawaka
maintains an online presence
and can be found on the web
at <http://mishawaka.in.gov>.

Find us on Facebook at
[http://facebook.com/
cityofmishawaka](http://facebook.com/cityofmishawaka)

Remember, the current issue
of the Mishawaka
Communicator is always
available as of the 1st of every
month at
[http://mishawaka.in.gov/
communicator](http://mishawaka.in.gov/communicator)

A Letter from Mayor Dave Wood *(continued)*

Church/Union Underpass Improvements Phase II (Fourth - Seventh Streets) – We are currently finalizing installation of the underpass retaining walls along the west side and completing the landscaping. Completion date is scheduled for early July.

New Projects for 2015

Mishawaka Avenue Improvements Phase II (Cedar Street – Willow Street) – This phase will relocate overhead utilities; however, much of the utility work was completed with Phase I. Construction to begin mid-June, completion October. Reconstruction of Cedar St. intersection will be in phases to provide access across Mishawaka Ave.

Grove, Elizabeth and Mishawaka Avenue Improvements (Grove from Main–Ann, Elizabeth from Grove–Mishawaka Ave, Mishawaka Avenue from west of Main–Liberty Drive) – Project consists of a new storm sewer on Grove, water and sanitary sewer extension, and replacement of curbs, sidewalks and pavement with additional on-street parking in conjunction with the River Rock Apartment Project. Construction June–October.

Combined Sewer Overflow [CSO] Consolidation Phase II (Mishawaka Avenue, Liberty Drive – Forest) – Project consists of construction of a 24" interceptor sewer to divert flows from the existing CSO at Charlotte. Mishawaka Avenue will be reconstructed to accommodate on-street parking including a new 10-foot wide multi-use trail along the south side of Mishawaka Avenue between Forest and Ann Streets in Battell Park. Construction June–October.

Fir & University Drive Intersection Improvement – This project includes the widening of Fir Road to three lanes with curb and gutter north to Cleveland Road. Also includes development of dual left turn lanes on University Drive at the Fir Road intersection and conduits to connect Metronet fiber to the recently opened Beacon Parkway. Construction July–September.

Central Services Facility Improvements Phase II – This project includes the construction of interior utilities, loading dock, along with fueling station and car wash. Construction June–October. Once this work is completed, the City will begin moving out of our current Central Services/Motor Pool/Street Department facility on Cedar Street and into the former Scott Brass facility.

We know that construction activity can bring short-term frustration but we ask for your patience during construction. I am confident that once construction activity is complete, you will be pleased with the results.

Mayor Dave Wood

Mishawaka Parks Department - Summer Concert Series 2015

Battell Park Bandshell **Mondays - 7:00-8:00pm**

June 8th	Michiana Concert Band
June 15th	Acoustic Justice
June 22nd	Valleyaires Barbershop Chorus
June 29th	The Pat Heiden Quartet
July 6th	The Sophisticated Jazz Trio
July 13th	Michiana Concert Band
July 20th	Kellirae and Craig
July 27th	Kazi Jo and the Flow
August 3rd	Da Bears
August 10th	Michiana Concert Band
August 17th	Jazz Assemblage
August 24th	Harvest Dance
August 31st	TBA/Rain Date

Beutter Park **Thursdays - 6:30-8:30pm**

June 4th	Rick Clifford Band
FRIDAY	"Concert for a Cure"
June 5th	w/The Whistle Pigs
June 11th	Top Secret
June 18th	3rd Session
July 2nd	Melodious Funk
SATURDAY	Soul Funkshun
July 4th	(Fireworks at Dusk)
July 9th	Van Dyke Revue
July 16th	Elwood Splinters Blues Band
July 23rd	The B Side
July 30th	River City Band
August 6th	Terry and the Heartbeats
August 13th	Out by 8
August 20th	TBA/Rain Date

Eberhart-Petro **Clubhouse Deck** **Fridays - 7:30-9:00pm**

June 5th	The Sandbar Bums
June 19th	Johnny Dawson
July 10th	Dave Thomas and Kevin Richmond
July 24th	Bryan Edington
August 7th	Marty Miles

Summer Movie Nights **Beginning at Dusk**

July 17th	"Field of Dreams" (Rose Park)
July 18th	"Tangled" (Merrifield Pool)
July 31st	"Free Willy" (Hillis Hans Park)
August 1st	"Space Jam" (Borley Park)
August 14th	"The Lego Movie" (Twin Branch Park)
August 17th	"Mamma Mia" (Battell Park)



Visit us online at
www.mishawaka.in.gov/partsandrecreation.

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov